ABSTRACT OF THE DISCLOSURE

An optical waveguide (optical fiber, for example) having low transmission loss, nonlinearity, and chromatic dispersion and facilitating the termination work for its end portions. An optical fiber 10 comprises a main medium 11 in which minute regions 12 composed of a multitude of submedia are distributed. The main medium 11 is made of silica glass, for example. The submedium in each minute region 12 is formed by a vacuum or a gas, such as an inert gas or air. The submedia have a refractive index smaller than that of the main medium 11. Each minute region 12 does not extend along the axis *C*.